DAIRY



by Robin Nelson

first step nonfiction

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We need to eat many different foods to stay **healthy**.



We need to eat foods in
the **dairy** group.



Dairy foods are made of milk.



Dairy foods give us **calcium**.



Dairy foods give us strong bones.



Dairy foods give us healthy teeth.



We need two **servings** of
dairy foods each day.



We can drink milk.



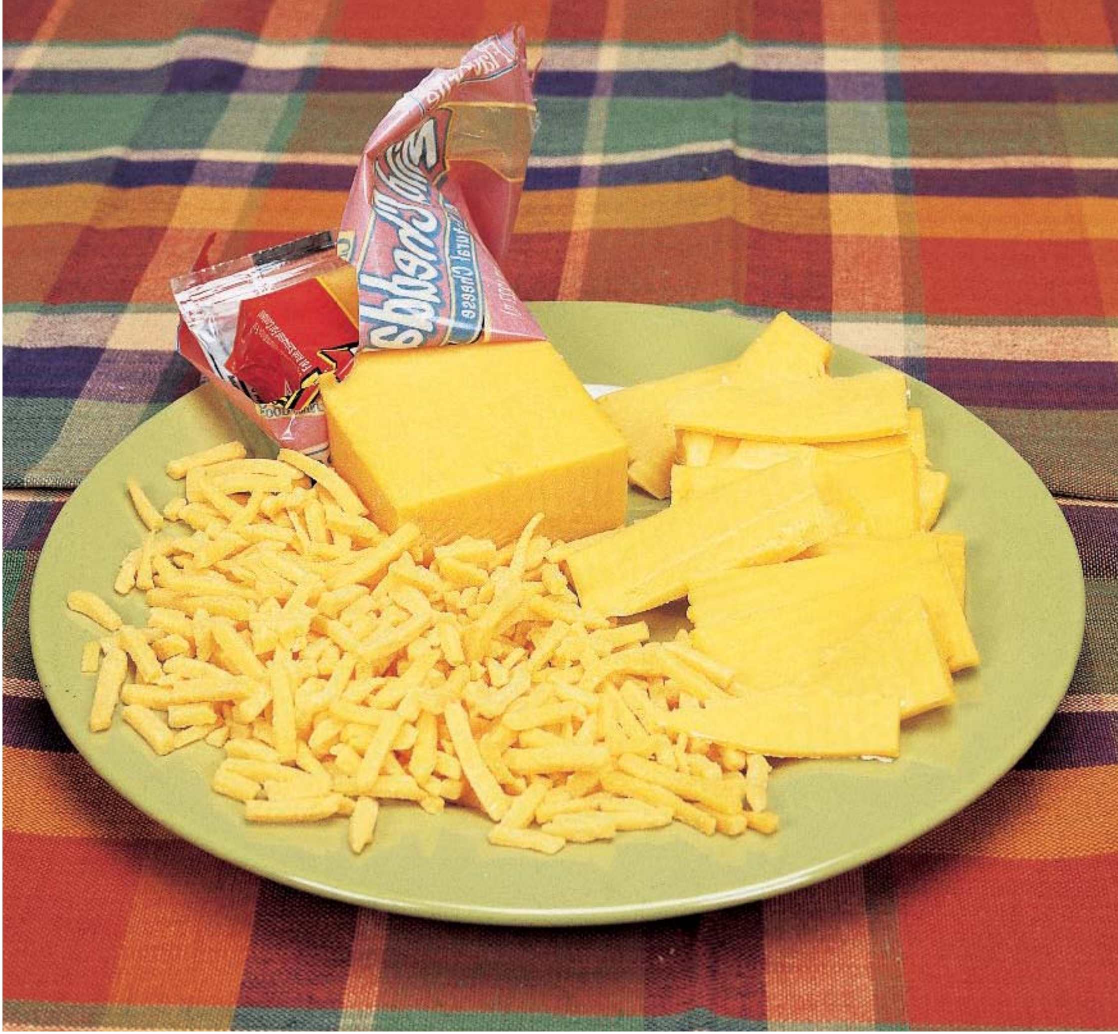
We can eat yogurt.



We can eat cottage cheese.



We can eat swiss cheese.



We can eat cheddar cheese.



We can eat mozzarella cheese.



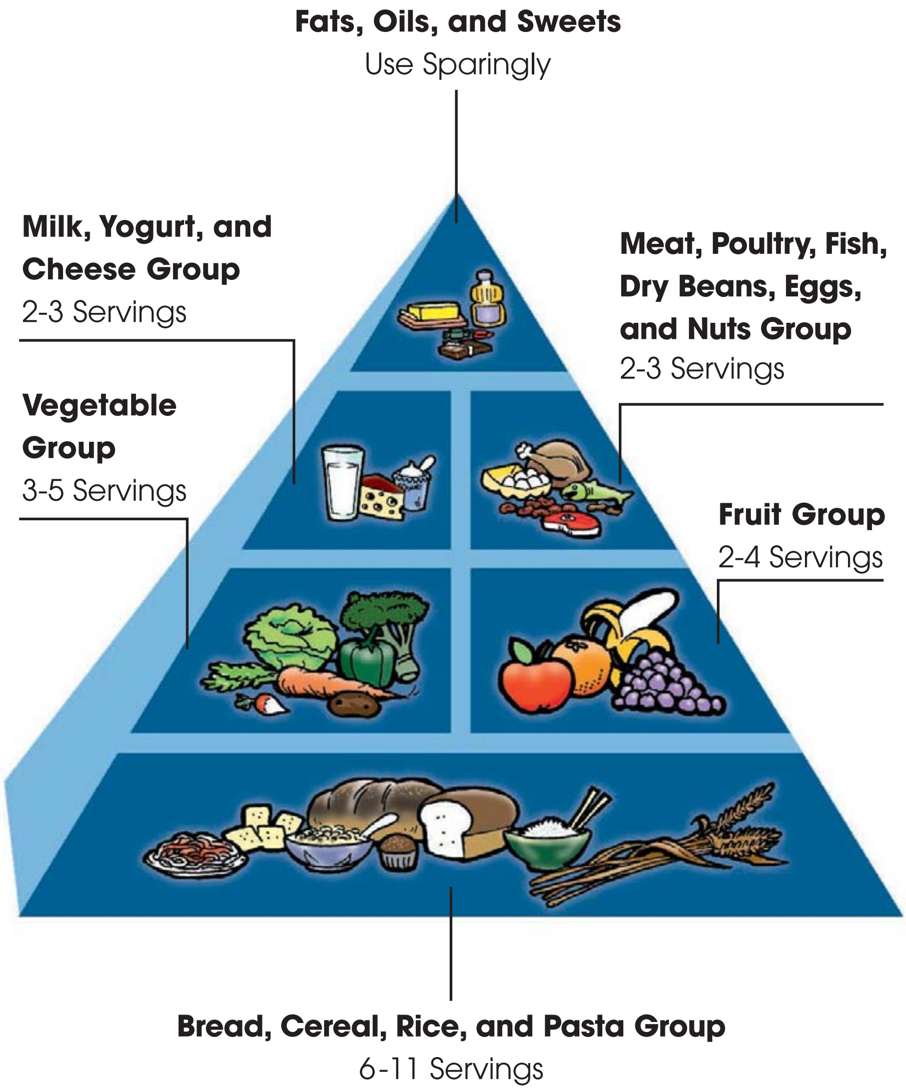
We can eat cream cheese.



We can eat frozen yogurt.



Dairy foods keep me healthy.


Fats, Oils, and Sweets
Use Sparingly
Milk, Yogurt, and Cheese Group
2-3 Servings
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
2-3 Servings
Vegetable Group
3-5 Servings
Fruit Group
2-4 Servings
Bread, Cereal, Rice, and Pasta Group
6-11 Servings

Milk, Yogurt, and Cheese Group

The food pyramid shows us how many servings of different foods we should eat every day. The milk, yogurt, and cheese group is on the third level. The foods in this group are called dairy products. You need 2–3 servings of dairy products every day. You could drink a cup of milk or eat a slice of cheese. Dairy products are good for you because they have calcium. Calcium gives you strong bones and teeth.

Dairy Facts

- The average American drinks 25 gallons of milk a year.
- There are many different kinds of milk. You could try whole milk, 2% milk, 1% milk, skim milk, buttermilk, or chocolate milk.
- There are over 400 different kinds of cheese.
- A cow must drink 2 gallons of water to make one gallon of milk.

- The average cow makes 90 glasses of milk a day.

- You would have to eat 2½ cups of broccoli to get the same amount of calcium in 2 servings of dairy products.

- It takes 12 pounds of milk to make 1 gallon of ice cream.

- It takes 10 pounds of milk to make 1 pound of cheese.

Glossary



calcium – helps build and repair bones and teeth



dairy – foods made from milk



healthy – not sick; well



servings – amounts of food

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